

**LISTING OF THE CLAIMS:**

1. (Original) A method for personal stress monitoring comprising:
  - (a) receiving one or more physiologic indicators;
  - (b) comparing values of the one or more physiologic indicators to corresponding baseline values;
  - (c) determining if, in response to step (b) if the one or more physiologic indicators equals or exceeds at least one preselected threshold condition relative to baseline values; and
  - (d) if at least one threshold condition is equaled or exceeded in step (c), emitting a remedial action corresponding to a highest level threshold condition equaled or exceeded.
2. (Original) The method of claim 1 wherein the at least one threshold condition comprises user profile data.
3. (Original) The method of claim 1 wherein the at least one threshold condition comprises a condition relative to a single physiologic indicator value or a condition relative to a composite of physiologic indicator values.
4. (Original) The method of claim 1 further wherein the one or more physiologic indicators are received via a wireless network device from one or more sensors for sensing the user's corresponding physiologic indicator.
5. (Original) The method of claim 1 wherein a first set of baseline values are generated by training on a set of physiologic indicator values for the user.
6. (Original) The method of claim 5 wherein a second set of baseline values comprise a set of nominal values for a population based on one or more factors including height, weight and gender.

7. (Original) The method of claim 6 wherein the user profile includes values of the one or more factors.
8. (Original) A computer program product embodied in a computer readable medium for personal stress monitoring comprising programming instructions for:
- (a) receiving one or more physiologic indicators;
  - (b) comparing values of the one or more physiologic indicators to corresponding baseline values;
  - (c) determining if, in response to step (b) if the one or more physiologic indicators equals or exceeds at least one preselected threshold condition relative to baseline values; and
  - (d) if at least one threshold condition is equaled or exceeded in step (c), emitting a remedial action corresponding to a highest level threshold condition equaled or exceeded.
9. (Currently amended) The computer program product of claim 8 further comprising programming instructions for determining if a remedial action is manually initiated selected; and retrieving a user selection for said remedial action.
10. (Original) The computer program product of claim 8 wherein the at least one threshold condition comprises a condition relative to a single physiologic indicator value or a condition relative to a composite of physiologic indicator values.
11. (Original) The computer program product of claim 8 further wherein the one or more physiologic indicators are received via a wireless network device from one or more sensors for sensing the user's corresponding physiologic indicator.
12. (Original) The computer program product of claim 8 wherein a first set of baseline values are generated by training on a set of physiologic indicator values for the user.

13. (Original) The computer program product of claim 12 wherein a second set of baseline values comprise a set of nominal values for a population based on one or more factors including height, weight and gender.
14. (Original) The computer program product of claim 8 wherein each threshold condition is associated with a remedial action, and wherein the programming instructions further include instructions for selectably overriding a remedial action.
15. (Currently amended) A data processing system comprising:
- (a) circuitry operable for receiving one or more physiologic indicators;
  - (b) circuitry operable for comparing values of the one or more physiologic indicators to corresponding baseline values;
  - (c) circuitry operable for determining if, in response to step (b) if the one or more physiologic indicators equals or exceeds at least one preselected threshold condition of a plurality of threshold conditions relative to baseline values; and
  - (d) circuitry operable for, if at least one threshold condition is equaled or exceeded in step (c), emitting a remedial action corresponding to a highest level threshold condition equaled or exceeded.
16. (Original) The data processing system of claim 15 wherein the at least one threshold condition comprises user profile data.
17. (Original) The data processing system of claim 15 wherein the at least one threshold condition comprises a condition relative to a single physiologic indicator value or a condition relative to a composite of physiologic indicator values.
18. (Original) The data processing system of claim 15 further wherein the one or more physiologic indicators are received via a wireless network device from one or more sensors for sensing the user's corresponding physiologic indicator.

19. (Original) The data processing system of claim 15 wherein a first set of baseline values are generated by training on a set of physiologic indicator values for the user.

20. (Original) The data processing system of claim 16 wherein user profile data further comprises one or more remedial actions associated with a corresponding one of the one or more threshold conditions, the data processing system further including circuitry operable for selectably overriding a remedial action in the user profile.